WHAT IS CLAIMED IS:

- 1. A functional cereal, wherein a melatonin content and/or a dietary fiber content is increased by germination in the pH range between 2 and 6.
- 2. The functional cereal of claim 1, wherein the melatonin content is increased by germinating any of seeds of brown rice, barley, wheat, beans or corn in pH range between 2 and 6.
- 3. The functional cereal of claim 1, which has physiological activity with melatonin and/or dietary fibers as active ingredient.
- 4. The functional cereal of claim 2, which has physiological activity with melatonin and/or dietary fibers as active ingredient.
- 5. The functional cereal of claim 1, wherein the melatonin content is 25 mg/100 g or more.
- 6. The functional cereal of claim 2, wherein the melatonin content is 25 mg/100 g or more.
- 7. The functional cereal of claim 1, in which either hulled

or dehulled seeds are used.

- 8. The functional cereal of claim 2, in which either hulled or dehulled seeds are used.
- 9. The functional cereal of claim 1, which has a function of reducing an odor of stool.
- 10. The functional cereal of claim 2, which has a function of reducing an odor of stool.
- 11. The functional cereal of claim 3, which has a function of reducing an odor of stool.
- 12. The functional cereal of claim 1, in which the germination is performed with a solution with an acidic buffer.
- 13. The functional cereal of claim 12, wherein the solution is an acidic buffer solution or an acid solution at a concentration of 10 mmol to 500 mmol with pH of 2 to 6.
- 14. The functional cereal of claim 12, in which the germination is performed at a temperature between 0 and 35° C for 3 to 24 hours.

- 15. The functional cereal of claim 12, in which the germination is performed in a sufficient amount of dissolved oxygen.
- 16. The functional cereal of claim 12, wherein the acidic buffer is a lactate buffer.
- 17. A process for producing functional a cereal of claim 1, in which the melatonin content and/or the dietary fiber content is increased by the germination in pH range between 2 and 6.
- 18. A processed food which is obtained by processing a functional cereal of claim 1, in which the melatonin content and/or the dietary fiber content is increased by the germination in pH range between 2 and 6.
- 19. A process for producing a germinated cereal, in which germination is conducted using melatonin as an index.
- 20. The process for producing a germinated cereal of claim
 19, wherein the germinated cereal are any of the following:
 a seed of brown rice, a dehulled barley or wheat, a bean or
 a corn.